

Hunger Calendar

1 Count how many pairs of shoes you have in your closet.	2 Count how many times you eat today (meals & snacks).	3 Count how many items are on your top refrigerator shelf.	4 Count how many boxes of cereal (or breakfast bars) you have.	5 Count how many spoons are in your silverware drawer.
6	7 Count how many pairs of pants you have.	8 Count how many rooms you have in your home.	9 Count how many shelves of food you have in your home.	10 Count how many minutes you bathe or shower each week.
11 Count how many stuffed animals you own.	12	13 Count how many pieces of candy you have in your home.	14 Count how many cans of food you have in your home.	15 Count how many pieces of fruit are in your home.
16 Count how many food items are in your refrigerator door.	17 Count how many shirts you have.	18	19 Count how many times you throw food away in a week.	20 Count how many closets are in your home.
21 Count how many books you have in your bedroom.	22 Count how many drawers are in your home.	23 Count how many pairs of socks are in your drawer.	24	25 Count how many loads of laundry your family does each week.
26 Count how many remote controls are in your home.	27 Count how many coats you have.	28 Count how many movies you own.	29 Count the number of times you go grocery shopping each month.	30
31 Count how many faucets are in your home.				